#### A SPECIAL THANK YOU TO:





#### **THANK YOU** to the following for photo submissions:

ABILITY House a program by ABILITY Magazine and Habitat for Humanity • ACT AmeriCorps • Big Brothers Big Sisters Mendocino County • Big City Mountaineers • Casa De Amporo Shelter • Foster Grandparents-Senior Companions • Hands on Sacramento • Kids Korps USA • Literacy Volunteer Program • Marin Conservation Corps • Novato Parks • Power 4 Youth •

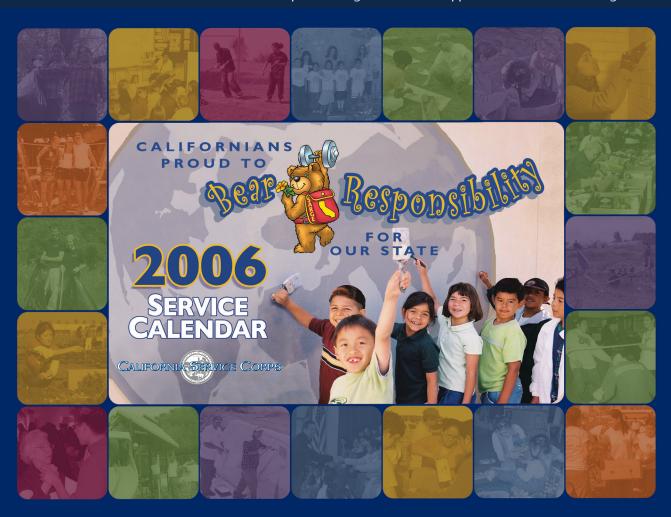
Riverside Community College • RSVP Sacramento • San Jose Evergreen Community College • Santa Clarita Valley Jaycees • South Bay Volunteer Center • St. Hope • VISTA San Joaquin • Vouth Santa

Graphic Design by Michael G. Morris

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For more information on the California Service Corps and

regional volunteer opportunities visit www.csc.ca.gov.







Balancing work and personal activities is no easy task. Add volunteer commitments to the mix and the task gets even more difficult. One way to help keep your family in balance is to volunteer as a family. Volunteering together reinforces family values and teaches children positive virtues such as kindness, empathy, respect, and tolerance.

Volunteering together increases understanding and strengthens communication between family members. Your busy family can enjoy quality time together while helping your community!

And while you're helping your community, you can also improve your health!

A recent Center for Disease Control study suggests that volunteers are more likely to meet federal physical activity recommendations than non-volunteers. Long known for its impact on overall well-being, volunteering is now known to help volunteers stay physically fit!

So join other Californians in the Fitness State, volunteer and stay healthy at the same time!



Serve, serve.

That's the challenge. For in the end, it will be the servants who save us all.

— SARGENT SHRIVER

To find out how you and your family can make a difference in your lives and the lives of others, check out the following websites\*:

www.csc.ca.gov www.activeca.org www.bestbuddies.org www.kids.parks.ca.gov www.kidskorps.org www.polf.org www.handsonnetwork.org
www.kidsgardening.com/
School/searchform.asp
www.showyourcharacter.com
www.volunteerresource.org
www.worldcommunitygrid.org

Or, check your local Volunteer Center for an opportunity in your own neighborhood.

 ${}^\star\!\text{These}$  websites are provided as resources and for information only. Listing does not necessarily equate to an endorsement.



www.csc.ca.gov





Every individual matters. Every individual has a role to play. Every individual makes a difference.





#### January 2006 National Mentoring Month National Volunteer Blood Donor Month National Cancer Prevention Month March of Dimes Birth Defects Prevention Month

| sun                 | mon                        | tue | wed   | thu                            | fri   | sat  |
|---------------------|----------------------------|-----|---|--------------------------------|---|--|
| New Year's Day      | 2                          | 3   | 4   | 5                              | 6   | 7  |
| 8                   | 9                          | 10  | 11  | 12                             | 13  | 14   |
| 15                  | Martin Luther King Jr. Day | 17  | 18  | 19                             | 20  | 21   |
| 22                  | 23                         | 24  | 25  | 26                             | 27  | 28   |
| 29 Chinese New Year | 30                         | 31  | SARGE SUGGES Make kits for new mo Make or decorate pillc premature babies and assemble care packag, new mothers and don local hospitals and Far Resource Centers. | thers – bws for es for tate to | December 2005  S M T W T F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28 29 30 31 | February 2006 S M T W T F S 1 2 3 4 S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 |









— MUHAMMAD ALI

Peace Corps Week

## Black History Month American Heart Month National Children's Dental Health Month February 2006

| sun                    | mon  | tue                 | wed   | thu             | fri  | sat   |
|------------------------|--|---------------------|---|-----------------|--|---|
| nearby military bas    | ervicemembers – Conta<br>se and ask how you car<br>of armed service memb | A A                 | National Girls and Women in<br>Sports Day<br>National Freedom Day | 2 Groundhog Day | 3  | 4   |
| 5<br>Super Bowl Sunday | 6  | 7                   | 8  Boy Scout Day  | 9               | 10   | 11  |
| 12  Lincoln's Birthday | Random Acts of Kindness Week   | 14  Valentine's Day | 15 Susan B. Anthony's Birthday                                    | 16              | 17<br>National Women's Heart Day<br>National PTA Founders Day  | 18  |
| 19                     | 20 President's Day   | 21                  | <b>22</b> Washington's Birthday                                   | 23              | 24   | 25  |
| 26                     | 27   | 28                  |   |                 | January 2006  S M T W T F S  1 2 3 4 5 6 7  8 9 10 11 12 13 14  15 16 17 18 19 20 21  22 23 24 25 26 27 28 | March 2006<br>S M T W T F S<br>1 2 3 4<br>5 6 7 8 9 10 11<br>12 13 14 15 16 17 18<br>19 20 21 22 23 24 25 |





You are never strong enough that
you don't need help.
— CESAR E. CHAVEZ





National Nutrition Month Women's History Month American Red Cross Month Arts in Education Month National Colon Cancer Awareness Month

| sun  | mon   | tue | wed                          | thu | <u>fri</u>           | sat               |
|--|---|-----|------------------------------|-----|----------------------|-------------------|
| February 2006  S M T W T F S  1 2 3 4  5 6 7 8 9 10 11  12 13 14 15 16 17 18  19 20 21 22 23 24 25  26 27 28 | April 2006  S M T W T F S  1  2 3 4 5 6 7 8  9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 |     | 1 Ash Wednesday              | 2   | 3                    | 4                 |
| 5  | 6   | 7   | 8  International Women's Day | 9   | 10                   | 11                |
| 12 Girl Scout Day  | 13  | 14  | 15                           | 16  | 17 St. Patrick's Day | 18                |
| 19   | 20 First Day of Spring  | 21  | 22                           | 23  | 24                   | 25                |
| 26   | 27  | 28  | 29                           | 30  | 31                   | SARGE<br>SUGGESTS |

American Diabetes Alert Day







Not everything that is faced can be changed, but nothing ean be changed until it ~ LUCILLE BALL

# National Child Abuse Prevention Month Earthquake Preparedness Month World Habitat Awareness Month Month of Community Spirit Days A 1 1 2 0 0 6

| sun  | mon   | tue   | wed                                   | thu  | fri  | sat               |
|--|---|---|---------------------------------------|--|--|-------------------|
| March 200  S M T W T  1 2  5 6 7 8 9 1  12 13 14 15 16 1  19 20 21 22 23 2  26 27 28 29 30 3 | F S S M T W T F S<br>3 4 1 2 3 4 5 6<br>10 11 7 8 9 10 11 12 13<br>17 18 14 15 16 17 18 19 20<br>24 25 21 22 23 24 25 26 27 | Volunteer in your o                                 | ntional Day of Service -<br>community | fault.cfm).                                |  | April Fool's Day  |
| 2  Daylight Saving Time  | Begins National Public Health Week  | 4   | 5                                     | 6  | <b>7</b> World Health Day                                      | 8                 |
| 9<br>Palm  | 10  | 11  | 12  Passover begins at sundown        | 13   | 14 Good Friday   | 15 Income Tax Day |
| 16   | 17  | 18  Disaster Resistant California Week: April 18-22 | 19                                    | 20   | National Youth Service Day: April 21-23 Creek Week: April21-29 | 22<br>Earth Day   |
| 23 National Voluntee   | er Week   | 25  | 26                                    | 27   | 28   | 29                |
| 30   |   | Holocaust Remembrance Day                           | Administrative<br>Professionals Day   | Take Our Daughters and Sons<br>to Work Day |  | Arbor Day         |





How wonderful it isthat nobody need wait a single moment before starting to improve the world.

Memorial Day





National Physical Fitness and Sports Month
Asian/Pacific Heritage Month
National Foster Care Month
National Family Support Month
National Book Month

| sun                                       | mon  | tue                    | wed | thu  | fri   | sat   |
|---|--|------------------------|-----|--|---|---|
|   | May Day National Public Service Recognition Week | National Teacher's Day | 3   | 4  | 5<br>Cinco de Mayo  | 6  Join Hands Day   |
| 7<br>Big Sunday                           | 8  | 9                      | 10  | AARP Day of Service  | 12  | 13  |
| National Women's Health Week Mother's Day | 15 International Day of Families                 | 16                     | 17  | 18   | 19  | Armed Forces Day  |
| 21  | 22   | 23                     | 24  | National Missing<br>Children's Day   | 26  | 27  |
| 28  | 29   | 30                     | 31  | SARGE<br>SUGGESTS<br>Help Animals at your<br>Local Shelter - Bake<br>dog treats, collect<br>and donate pet | April 2006  S M T W T F S  1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 | June 2006  S M T W T F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24 |







things we do for other people. - WALT DISNEY

#### National Safety Month Vision Research Month

| sun  | mon  | tue   | wed                    | thu | fri | sat |
|--|--|---|------------------------|-----|-----|-----|
| May 2006  S M T W T F S  1 2 3 4 5 6  7 8 9 10 11 12 13  14 15 16 17 18 19 20  21 22 23 24 25 26 27  28 29 30 31 | July 2006  S M T W T F S  1 2 3 4 5 6 7 8 9 10 11 12 31 4 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 | SARGE SUGGE<br>Encourage Literacy<br>Distribute books to<br>who might not othe<br>own them. | families               | 1   | 2   | 3   |
| National Cancer<br>Survivors' Day  |  | 6   | 7                      | 8   | 9   | 10  |
| 11   | 12   | 13  | <b>14</b> Flag Day     | 15  | 16  | 17  |
| 18<br>Father's Day   | 19   | 20  | 21 First Day of Summer | 22  | 23  | 24  |
| 25   | 26   | 27  | 28                     | 29  | 30  |     |





You must *be the change*you wish to see in the world.

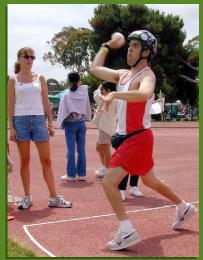
— GANDHI





## July o o 6 UV Safety Month

| SUN  June 2006  S M T W T F S  1 2 3  4 5 6 7 8 9 10  11 12 13 14 15 16 17  18 19 20 21 22 23 24  25 26 27 28 29 30 | August 2006  S M T W T F S  1 2 3 4 5  6 7 8 9 10 11 12  13 14 15 16 17 18 19  20 21 22 23 24 25 26  27 28 29 30 31 | SARGE SUGGE<br>Make emergency kit-<br>decorate kits with fla<br>emergency contact r<br>prescription medicin | sat<br>1 |    |    |    |
|---|---|---|----------|----|----|----|
| 2   | 3   | 4  Independence Day   | 5        | 6  | 7  | 8  |
| 9   | 10  | 11  | 12       | 13 | 14 | 15 |
| 16  | 17  | 18  | 19       | 20 | 21 | 22 |
| Parent's Day  | 24<br>31  | 25  | 26       | 27 | 28 | 29 |









If you can't feed a hundred people, then *feed just one.* 

### National Immunization Awareness Month Augustion Eye and Safety Month Augustion Street Month Month Augustion Street Month Mont

| sun   | mon                         | tue | wed | thu | fri  | sat   |
|---|-----------------------------|-----|-----|-----|--|---|
| SARGE SUGGES Make Backpacks for P Children - Fill backpac school supplies and de them to children at he shelters or foster child moving to new placer | ks with ponate omeless Iren |     | 2   | 3   | 4  | 5   |
| Friendship Day<br>National Kids' Day  | 7                           | 8   | 9   | 10  | 11   | 12 International Youth Day  |
| 13  | 14                          | 15  | 16  | 17  | 18   | 19  |
| 20  | 21                          | 22  | 23  | 24  | 25   | 26 Women's Equality Day   |
| 27  | 28                          | 29  | 30  | 31  | July 2006  S M T W T F S  1  2 3 4 5 6 7 8  9 10 11 12 13 14 15  16 17 18 19 20 21 22  23 24 25 26 27 28 29  30 31 | September 2006<br>S M T W T F S<br>1 2<br>3 4 5 6 7 8 9<br>10 11 12 13 14 15 16<br>17 18 19 20 21 22 23<br>24 25 26 27 28 29 30 |











# September 2006 National Hispanic Heritage Month Childhood Cancer Month National Preparedness Month National Sickle Cell Month

| sun   | mon  | tue  | wed   | thu | fri   | sat                                    |
|---|--|--|---|-----|---|--|
| August 2006  S M T W T F S  1 2 3 4 5  6 7 8 9 10 11 12  13 14 15 16 17 18 19  20 21 22 23 24 25 26  27 28 29 30 31 | October 2006  S M T W T F S  1 2 3 4 5 6 7  8 9 10 11 12 13 14  15 16 17 18 19 20 21  22 23 24 25 26 27 28  29 30 31 | SARGE SUGGES Participate in a Beacor Neighborhood Clee Beautify a nearby beastate or national park neighborhood. | h, Park                                     |     |   | 2                                      |
| 3   | 4  | 5  | 6   | 7   | 8  International Literacy Day   | 9  California Admission Day            |
| 10<br>Grandparents' Day   | Patriot's Day<br>One Day's Pay   | 12   | 13  | 14  | 15  | California Coastal                     |
| 17<br>Citizenship Day   | 18   | 19   | 20  | 21  | Rosh Hashanah begins at sundown<br>Native American Day<br>First Day of Autumn | First Day of Ramadan begins at sundown |
| 24  | 25   | Governor and First Lady's Conference on Women  | 27  National Women's Health and Fitness Day | 28  | 29  | Family Health and Firness Day          |







Life is what we make it, will be.

– Anna Roberts (Aka Grandma Moses)

# National Domestic Violence Awareness Month National Crime Prevention Month National Breast Cancer Awareness Month Diversity Awareness Month National Arts & Humanities Month

| sun                           | mon                            | tue                   | wed   | thu       | fri   | sat  |
|-------------------------------|--------------------------------|-----------------------|---|-----------|---|--|
| Yom Kippur begins at sundown  | Child Health Day               | 3                     | 4   | 5         | California Arts Day   | 7  |
| 8<br>National Children's Day  | 9<br>Columbus Day              | 10                    | 11  | 12        | 13  | 14   |
| 15                            | 16  Kids Care Week Bosses' Day | 17                    | 18  | 19        | National Mammography Day  | 21   |
| Mother-in-Law Day             | 23                             | 24 United Nations Day | 25  | 26        | 27  | 28  Make A Difference Day  |
| 29  Daylight Saving Time Ends | 30                             | 31  Halloween         | SARGE SUGGE.  Make Hats - Collect a decorate hats for chi undergoing chemoth Donate them to a loc hospital. | and Idren | September 2006<br>s M T W T F S<br>1 2<br>3 4 5 6 7 8 9<br>10 11 12 13 14 15 16<br>17 18 19 20 21 22 23<br>24 25 26 27 28 29 30 | November 2006<br>s M T W T F S<br>1 2 3 4<br>5 6 7 8 9 10 11<br>12 13 14 15 16 17 18<br>19 20 21 22 23 24 25<br>26 27 28 29 30 |





greatness lives within each of us.
- WILMA RUDOLPH





#### National Adoption Month National Alzheimer's Awareness Month National Alzheimer's Awareness Month

| sun                               | mon  | tue                   | wed  | thu  | fri  | sat  |
|-----------------------------------|--|-----------------------|--|--|--|--|
|                                   | SARGE SUGGE Recycle - Collect and recycle cans and par your home or neighborhood. Don proceeds to a local community organiza | per in late the       | All Saints Day<br>National Family Literacy Day | 2  | 3  | 4  |
| 5                                 | 6  | <b>7</b> Election Day | 8  | 9  | 10   | 11<br>Veteran's Day  |
| 12                                | World Kindness Day   | 14                    | 15  America Recycles Day                       | Great American Smokeout<br>International Day For Tolerance | 17   | 18   |
| 19  National Family Volunteer Day | 20   | 21                    | 22   | 23  Thanksgiving   | 24   | 25   |
| 26                                | 27   | 28                    | 29   | 30   | October 2006  S M T W T F S  1 2 3 4 5 6 7  8 9 10 11 12 13 14  15 16 17 18 19 20 21 | December 2006<br>s M T W T F S<br>1 2<br>3 4 5 6 7 8 9<br>10 11 12 13 14 15 16 |









I am of the opinion that my life belongs to the whole community, and as long as I live, it is my privilege to do for it whatever I can.

— GEORGE BERNARD SHAW

#### Blood Donation Month AIDS Awareness Month National Drunk and Drugged Driving Prevention Month

| sun  | mon  | tue  | wed           | thu                       | fri  | sat |
|--|--|--|---------------|---------------------------|--|-----|
| November 2006<br>S M T W T F S<br>1 2 3 4<br>5 6 7 8 9 10 11<br>12 13 14 15 16 17 18<br>19 20 21 22 23 24 25<br>26 27 28 29 30 | January 2007  S M T W T F S  1 2 3 4 5 6  7 8 9 10 11 12 13  14 15 16 17 18 19 20  21 22 23 24 25 26 27  28 29 30 31 | SARGE SUGGE Toy Drive - Collect to games and deliver th children at homeless or hospitals. | ys and nem to |                           | World AIDS Day                                 | 2   |
| 3  | 4  | 5  | 6             | <b>7</b> Pearl Harbor Day | 8  | 9   |
| Human Rights Day   | 11   | 12   | 13            | 14                        | Bill of Rights Day Chanukkah begins at sundown | 16  |
| 17   | 18   | 19   | 20            | 21 First Day of Winter    | 22   | 23  |
| 24   | 25   | 26   | 27            | 28                        | 29   | 30  |
| New Year's Eve   | Christmas  | Kwanzaa  |               |                           |  |     |